PRACTICAL HEALTH TALKS O Lillian Whitney. MD O

Dr. Whitney's popular articles on health and beauty subjects in sereral leading magazines have been attracting marked attention for a num-ber of years. No other writer on similar topics is better equipped for the work, for Dr. Whitney has established an enviable reputation as a age-cialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department to promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed core of this paper.

For Functional Liver Troubles.

The very best treatment for an inactive liver is a purging treatment, and it is mainly on account of their action in this manner that certain alkaline minareal waters have attained so great a fame, in addition, due to increased activity of the intestines, the circulation of the bile is enhanced. Owing to the efficacy of the treatment at Carlebad, the salt obtained from the waters there has been in favor for counties years. This salt can be artificially prepared as follows: Sodium suphate, 1 part; sodium chloride, 9 parts, sodium bicarbonate, 18 parts, dried sodium suphate, 22 parts; mix and keep in closed flags betting. parts, dried sodium suphate, 22 parts; mix and keep in closed glass bottles. A heaping teaspoonful in a glass of hot water on an empty stomach, usually a half hour before the morning and evening meal, and more frequently if it can be taken; or the amount of salt can be

other drink, will act with splendid bene- the system, such as sulphur and molasit upon the liver and intestinal tract. The
idea is to flush the entire alimentary system with a daily alkaline bath, but this
must not be kept up indefinitely; but repeated every few days, or pursued in
moderation. Certain drugs or combinations of vegetable matter that have a
liver are also exdirect action upon the liver are also exquere A bull is caused by property or pursue.

fruit and in greater variety to children. In place of candy, a bright, sweet-smell-ing apple will not only please the eye, but the nerves of smell and taste as well, the nerves of smell and taste as well, the spices are invaluable. Apples or how deprayed, there dwells a soul should be eaten raw after washing thoroughly; they contain potash, soda, mag-nesia and phosphorous. The natural acid is invaluable for the gums, teeth, stomach liness of the apparel regardless of its nesis and phosphorous. The natural acid lis invaluable for the gums, teeth, stomach and intestines, being of a germacidal character. In rheumatism and so-called growing pains, they have been very helpful. Grapes also rank high in their anticeptic and disinfecting action upon the intestines. The properties of fruit juices are too well known to repeat here, yet advantage of these simple measures is

tire alimentary tract, because of their peptogenic and digestive properties. The juice of pineapple as well as lemon and orange are also germicidal and antisep-

Answers to Queries.

Any well-known mineral water, such as Vichy or Kissengen, taken abundantly during the day to the exclusion of any other drink, will act with splendid bene-the system, such as sulphur and molas-

direct action upon the liver, are also ex- cure. A boil is caused by pyogenic or pus direct action upon the liver, are also extermely beneficial when such an action is called for.

In torpor of the liver, the diet should be regulated and a large quantity of fruit and greens employed and less heavy food taken; of fruits, apples head the list. Physicians are constantly preaching to parents the necessity of giving more fruit and in greater variety to children. In place of candy, a bright, sweet-smelling apple will not only please the eve, but vourself as "uply." No one is ugly.

Small Bronze Coin, Valued at \$4,000, Was Minted 168 B. C.

A coin valued at nearly \$4,000 and minted 168 years before Christ has recently been found in the possession of B. F. Klopfer, a Washington man, who lives in the Glendow apartments. A firm of Chicago numismatists, making up a catalogue of rare mints, recently discovered the existence of the coin and traced it here.

The coin is of Hebrew origin and is of the type used in the reign of Judas Maccabeus. It is solid bronze, with what appears to be the head of Jupiter Ammon raised on its face. The back is covered with Chaldean charback is covered with Christian G. Klopfer, had purchased the coin from an American sailor who returned from Egypt nearly sixty years ago. The man had found it in about his neck as a charm. The characters on the back are of the square Chaldean type and constitute a quotation from Exodus, according to a history of the coin written several decades ago by Prof J ('Hazara Ammon raised on its face. The back is covered with Chaldean charback is covered with Chaldean charback is a history of the coin written.

acters. A twin place was sold in London about eight years ago by Hiram Montague for \$3,850.

When questioned at his home yesterday, Mr. Klopfer, who also has a piece by the sailor so that he could rare collection of uncut diamonds and wear it about his neck.

SUMMER RESORTS.

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Close to the beach. Address MISS HARBISON.

STEAM RAILROAD FOR THE RACES AT BOWIE

Gen. J. H. O'Hara Announces that Pennsylvania Railroad Will Run New Line to Track.

Baltimore, Md., June 4.—Announcement was made today by ." H. O'Hara, general mahager of the Southern Maryland Agriculture and Fair Association that the Pennsylvania Railroad had officially announced that a new spur line will be run from Bowle station to the race track at Bowle Md. a distance of about these at Bowie, Md., a distance of about three

Work will begin at once, and it is expected that the track will be laid within a month. This will enable passengers from Baltimore and Washington to go direct to the course. It is the intention of the railroad officials to make the run the morning

furlongs. Black Beauty, 91; Bucis, 26; "Eikton, 26; Tanhandle, 28; Lindiy, 192; Luke Mac, 194; Lady Jane Grey, 191; Fathom, 196; Uncle Hart, 195; Nobleman, 197; Skiles Knob, 115.

THIRD RACE—Two-year-olds; five furlongs. Judge Young, 113; Sipper, 113; Sapin, 115; Bit of a Devil, 115; Aunt Liz, 118.

FOURTH RACE—Handlens; 3-year-olds and unward; six furlongs. Kathleen, 195; Amazon, 198; Converse, 198; Hawthorn, 115; Grover Hughes, 118.

FIFTH RACE—Handlens; 3-year-olds and unward; one and one-eigh miles. Polroma, 190; Hardings, 194; Brynlinsh, 195; Embroidery, 196; Pinf, Jr., 496; Donerall, 197; Aldebar, 112; The Grader, 198; Kleburn, 114.

Jr., 406; Donerall, 107; Aldebar, 112; The Grader, 113; Kleburn, 114.

SIXTH RACE-Selling; 3-year-olds and upward; six furlongs. "May Bird, 94; Cardome, 96; Deliver, 98; "Hope, 100; "Brizz, 101; Beauty Shop, 113; "Brooks, 103; Jane Straith, 103; Sosius, 109; Billy Ice 111.

*Apprentice allowance claimed.

BELMONT ENTRIES.

Work will begin at once, and it is expected that the track will be laid within a month. This will enable passengers from Baltimore and Washington to go direct to the course in about thirty minutes. It is the intention of the railroad officials to make the run from either city direct to the course in about thirty minutes. The new spur will cost in the neighborhood of \$30,000. Surveyors will begin work tomorrow morning.

MONTREAL ENTRIES.

FIRST RACE-Selling: urse, \$600; 3-year-olds, and upward, first and on-half furlongs. "Semper Stalwart, '90; Shapenel, '88, Montreal, 10; 'Bridman, 10; 'Rivan Winkle, 10f.' Auto Mald, 10f. 'Rac Miller, '98; Capt. Elitott, 106; Jack Nunnally, '91, Leither 106; Jack Nunnally, '92, Leibin, 106; Autost, '195; Puritan Lass, '92; Harry Sarrett, '105, Springmas, 107; Gallon, 112; Prince More, '107; Wasterly, '107; Springmas, 107; Gallon, '112; Prince More, '107; Springmas, 107; Gallon, '112; Prince More, '107; Wasterly, '107; Springmas, 107; Gallon, '112; Prince More, '107; Wasterly, '107; Springmas, 107; Gallon, '112; Prince More, '108; Sarrett, '107; Wasterly, '107; Springmas, '107; Gallon, '112; Prince More, '108; Sarrett, '107; Wasterly, '107; Springmas, '107; Gallon, '112; Frince, '107; Drince, '108; Spring, '107; Surger, '107; Springmas, '107; Gallon, '112; Frince, '107; Springmas, '107; Gallon, '112; Frince, '107; Wasterly, '107; Springmas, '107; Gallon, '112; Traise, '108; Glomer, '100; Springmas, '107; Gallon, '112; Traise, '108; Glomer, '100; Springmas, '107; Gallon, '112; Traise, '108; Glomer, '108; Spring, '107; Surger, '108; Spring, '108; Springmas, '108; Glomer, '108; Spring, '108; Springmas, '108; Gallon, '112; Frince, '108; Glomer, '108; Gl

LOUISVILLE ENTRIES.

FIRST RACE Selling maiden 2-year-olds, five furlongs, snaur, 465 Colar, 165; Amelia Muller, 105; Sevent Helm, 165; Innocent Incz, 107; The Duke, 108; My First, 168; Quinn, 169; Persona, 110, Second RACE—Three-year-olds and upward; six ECOND RACE—Three-year-olds and upward; six Elsie Bonero, 165 Donner, 197; Star Bird, 112

HONORED AT TOME

Port Deposit, Md., June 4.—Two Wash-ington boys, Samuel Miller, fr., and Fred-erick Lee Hardesty, were among those to receive athletic honors at the closing din-ner of the Tome School, Port Deposit, Md. Miller was awarded prizes for his prowess on the football, basketball, and baseball teams, the latter of which he, in the pitcher's box, piloted to 11 victo-ries in 13 games played. Hardesty, who has done splendld work on the track team, received a white sweater with the blue "T."

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THE LUTTRELL CO., 1214 New Hampshire av. Phone West 985.

PIERCE-ARROW-FOSS-HUGHES CO., 1141 Connecticut av. Phone North 3403.

PULLMAN-KING-WM. BARNHART & CO., 1707 Fourteenth st. Phone North 196.

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RECORD AUTO CO., 631-3-5 Mass. av. n.w. Phone Main 23.

THE COMMERCIAL AUTO SUPPLY CO., 819 Fourteenth 1. Phone Main 2174.

POTUMAC MOTOR CAR CO., 1226 Connecticut av. Phone North 2000.

FOSS-HUGHES CO., 1141 Connecticut av. Phone North 3403.

TRUMBULL-NATIONAL MOTORISTS ASSN., Sixteenth st. and Park road. Phone Columbia 5422.

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PROPOSALS.

UNITED STATES SENATE, OPFICE OF THE Secretary. Washington, D. C., May Z. 1916.—Scaled proposals will be received at this office until if o'clock m., JUNE Z. 1916, for furnishing stationery for the use of the United States Senate for the fiscal year ending Junt 20, 1917. Blank forms of the fiscal year ending Junt 20, 1917. Blank forms of the options, showing the quantity and quality forms of article and the form of bond to be signed by the hidder and surcties, will be furnished on application to this office. Proposals should be informed "Proposals for Stationery for the United States Senate," and be directed to JAMES M. BAKER, Secretary of the United States Senate, washington, D. C. Proposals and specimens must be delivered at this office, free of charge, before the hour named above.

OFFICE OF THE COMMISSIONERS, D. C. June 5, 1916.—Sealed proposals will be received. OFFICE OF THE COMMISSIONERS, D. C. June 5, 1916.—Sealed proposals will be received at this office, Boom 500 District Building, until 1 o'clock p. m., on JUNE 15, 1916, for the construction of swers in the District of Columbia, involving the construction of approximately 7,000 Honest feet of tipe sewer, 10 incides to 21 inches diameter. Forms of proposals, specifications, and necessary information may be obtained from the Chief Clerk, Engineer Department, Boom 87, District Building, Washington, D. C. OLIVER P. NEWMAN, LOUIS BROWNLOW, CHARLES W. KUTZ, Commissioners, D. C.

Commissioners, D. C.
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NOTICE—A PUBLIC HEARING WILL BE held at 1:30 p. m. JUNE 19 1916, at the United States Engineer Office, Room 306 Southern Building, in the matter of a proposed bridge across the Po-toman P.

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DIED.

EARNSHAW — Suddenly. on Sunday,
June 4, 1916, at 2 p. m., LILLIAN
SHULTZ EARNSHAW, dearly beloved
wife of Herbert C. Earnshaw.
Notice of funeral hereafter.

SPIESS—On Saturday, June 3, 1816, in
New York City, CHARLES A., beloved
son of Louis and Margaret Spiess (nee
Regan).

Funeral from the residence of his
mother, 627 G street southwest, Tuesday at 9 a. m. Mass at St. Dominic's
Church.

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DIED.